

Mindfulness. Movement. & Meals

A Whole Body Approach to Improving Your Health
Thursday, May 3, 2018 • 6-7pm MST

CLICK HERE TO JOIN THE WEBINAR

MINDFULNESS: Christina will teach you how to practice mindfulness and gratitude. Join her in a brief guided meditation that you can use next time you're feeling stressed or anxious.

MOVEMENT: Isaura will demonstrate the importance of exercise. Participate in a quick workout. You'll be able to use the routine no matter what you're wearing, or where you are.

MEALS: Holly will share a few of her favorite recipes. Learn about the importance of macro nutrients, and some basic cooking techniques. You'll benefit from her wide array of nutritional suggestions.

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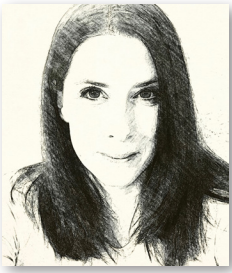
Mindfulness, Movement, & Meals

A Whole Body Approach to Improving Your Health



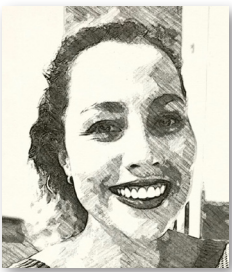
Presenters

ABOUT US



CHRISTINA MOORE

- Christina is a freelance eLearning Developer and Instructional Designer with a background in Graphic Design and Photography. She collaborates with instructors, authors, and artists to develop their instruction into accessible, and meaningful courses and learning materials.
- Her ultimate goal is to make the world a better place, by supporting human development and adult education.
- She became interested in mindfulness and meditation when struggling with insomnia and stress.



ISAURA RAMÍREZ BRENES

- Isa is currently enrolled in the MA eLearning Design and Implementation program at UCDenver.
- Since 2012 she has been working at TEC Digital the online platform of the Technological Institute of Costa Rica as a Visual Communicator in the virtualization project.
- She became interested in running and changed her lifestyle to improve physical health by joining a running team. This has taken her enthusiastic and positive life to another level.



HOLLY ABLES

- Holly is currently enrolled in the MA Instructional Design & Adult Learning program at UCDenver and has worked in medical education since 2005.
- She is currently an Academic Program Manager in Cardiology at University of Colorado School of Medicine.
- She became interested in health and fitness a few years ago and has adopted a healthy lifestyle that includes lots of greens and lean proteins along with daily exercise.
- This has resulted in gained strength and confidence and the loss of 22 pounds.

Mindful

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RESOURCES

JOURNALS

- 5 Minute Paper Journal
- 5 Minute Journal App: I use this twice a day.
- Journal pdf download (free on my site)

MEDITATION APPS

- Calm: A robust paid app with meditation, sleep stories, and music.
- Headspace: A free meditation app that is highly reviewed in the itunes app store

WEBSITES & ARTICLES

- 10 Easy Ways You Can Practice Mindfulness
- Benefits of Mindfulness
- 10 Scientifically Proven Benefits of Mindfulness and Meditation
- How to Practice Mindfulness

Mindful

5 MINUTE MEDITATION

- Find a comfortable seated position. You want to have a straight back, rest your hands on your legs, allow your shoulders to relax
- Gently close your eyes
- I want you to begin with a few deep, slow breaths
- Breath in through your nose to the count of 4
- Hold for the count of 2
- Breath out through your mouth, to the count of 6, making a sighing noise
- Breath deeply
- In through the nose: 1, 2, 3, 4
- Hold: 1, 2
- Out through the mouth 1, 2, 3, 4, 5, 6
- In (silent)
- Hold
- Out (ahhh)
- Continue for several more breaths
- Gradually soften into your pose, and slowly breath at your own relaxed pace
- I want you to now turn your thoughts gently to the sensations in your body
- Bring your attention to your feet, wiggle your toes, relaxing your feet
- Now focus on your legs, noticing any sensations here
- Moving now up to the hips
- Observing any sensations that arise
- If you notice any tensions arising, direct your breath to that area, allowing it to relax
- Notice your abdomen, feeling the rise and fall of your breath
- Moving up to the chest And neck,In ... and out
- On up to the jaw, ...And tongue, release and soften
- And now finally to your eyes and scalp, letting go of any tension
- Just enjoy this relaxed sensation
- Your relaxed breath, moving in... and out
- When you are ready, bring your attention back to this present moment,
- Thank yourself for allowing yourself to enjoy a peaceful moment in your day
- And slowly open your eyes

Movement

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RESOURCES

WEBSITES

Keep your body moving, increase your physical activity, how to do it?

- Workouts at work
- Yoga at work
- Pinterest

APPLICATIONS

- Runtastic Steps
- 7 minutes workout

BLOGS AND ARTICLES

- Body and Movement
- Begin with easy steps

VIDEOS

- Easy 10 minute at your desk
- 5 Minute Routine for Women
- Ab Tricks at Your Desk

Meals

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RESOURCES

RECIPES

Overnight Oats

- Lemon Blueberry
- Banana Peanut Butter

Muffins

- Blondie Muffins
- Pumpkin Chocolate Chip Muffins

Chia Seed Pudding

- Apple Cinnamon

WEBSITES

Other tried and true healthy recipes

- Minimalist Baker
- Eat Yourself Skinny
- Clean Eating

FOOD PREP TIPS

- This Self magazine article gives some practical advice.
- This blog shows you the author's weekly meal prep routine.

POLL

- https://PollEv.com/free_text_polls/GAOEBegwHNOq9WX/web

Meals

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BOOKS

- Mediterranean Diet: The Essential Mediterranean Diet Cookbook for Beginners
- The Complete Mediterranean Cookbook: 500 Vibrant, Kitchen-Tested Recipes for Living and Eating Well Every Day
- Kitchen Matters: More than 100 Recipes and Tips to Transform the Way You Cook and Eat--Wholesome, Nourishing, Unforgettable

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